

Dealing With Boredom

Boredom can often lead to overeating. Here are tips to help you deal with boredom.



Get Active

- Go for a walk.
- Put on some fun music and dance.
- Put on an exercise tape and move!
- Walk the dog.
- Mow your lawn.

Occupy Your Mind

- Read a good book.
- Do a crossword puzzle.
- Call on old friend for a chat.

Learn Something New

- Take up a hobby.
- Do something you have always wanted to do.
- Take a community class.

